

Guidelines | Correcting In-toeing/Out-toeing

It is first important to understand the cause of the in-toeing/out-toeing. If the in-toeing/out-toeing is due to rotational problems at the hips or tibial/femoral torsion, the posture will not be influenced by these modifications. These modifications are most effective when there is laxity at the joints due to low tone.

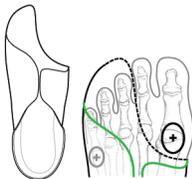
Choose these optimizations to correct **in-toeing**:

- 1 Post lateral forefoot** to lower longitudinal arch and discourage in-toeing. When the lateral border of the forefoot is raised, it is difficult to internally rotate the legs and in-toe.

-or-

- 2 Request a strong lateral toe shelf** and cut plastic proximal to metatarsal heads from toes 1-3. The plastic needs to be cut completely away under the 1st - 3rd metatarsal heads to allow for a very flexible break-over point.

The stiffness of the plastic under the lateral portion of the forefoot encourages the patient to find an easier break-over point. This helps the patient externally rotate the leg and move over the medial side of the orthosis instead.



To discourage In-toeing



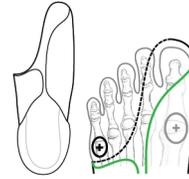
Choose these optimizations to correct **out-toeing**:

- 1 Post medial forefoot** to elevate the longitudinal arch and discourage out-toeing. When the medial border of the forefoot is raised, it is difficult to externally rotate the leg and out-toe.

-or-

- 2 Request a strong medial toe shelf** and cut plastic proximal to metatarsal heads from toes 3-5. The plastic needs to be cut completely away under the 3rd - 5th metatarsal heads to allow for a very flexible break-over point.

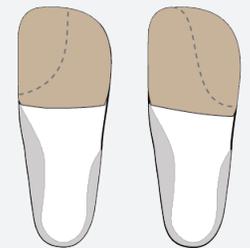
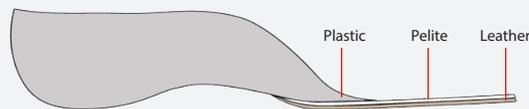
The stiffness of the plastic under the medial portion of the forefoot encourages the patient to find an easier break-over point. This helps the patient internally rotate the leg and move over the lateral side of the orthosis instead.



To discourage Out-toeing



When the plastic has been cut away under the met heads, we extend the plantar surface trimline with pelite and leather.



Distal trimline Options

For questions, ask Technical Support:

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